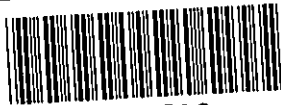


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OFFICE OF INTERNATIONAL
CORPORATE FINANCE

Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6
450 Fifth Street N.W.
Washington DC 20549
USA



07020508

J Sainsbury plc
33 Holborn
London
EC1N 2HT

Telephone 020 7695 6000
www.j-sainsbury.co.uk

Ext: 020 7695 6378
Fax: 020 7695 6378
Date: 09 January 2007

SUPPL

Dear Sir

J Sainsbury Announces: Notification of Transactions of Directors, Persons
Discharging Managerial Responsibility or Connected Persons

Please find enclosed a copy of the above announcements made to the London Stock Exchange on
9th January 2007.


Yours sincerely

PP.


Hazel Jarvis
Deputy Secretary

Enc

PROCESSED

JAN 25 2007 

THOMSON
FINANCIAL

See 1/24

Registered office as above
Registered number 185647 England

9.30 AM

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with
DR 3.1.4R(1)(a); or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i) and (ii)

3. Name of *person discharging managerial responsibilities/director*

Gary William Hughes

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Gary William Hughes

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

Gary William Hughes

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CORPORATE FINANCE

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

87

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

15,446 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes

17 Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the dividend reinvestment plan.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

9 January 2007

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(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

Michael Andrew Coupe

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Michael Andrew Coupe

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Michael Andrew Coupe

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

428

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

75,949 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

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Imelda Walsh

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managerial responsibilities/director* named in 3 and identify the *connected person*

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Imelda Walsh

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7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

1. Imelda Walsh

2. David Weymouth

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

127 Imelda Walsh

127 David Weymouth

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

45,190 ordinary shares

16. Date issuer informed of transaction

8 January 2007

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Gary William Hughes

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5. Indicate whether the notification is in respect of a holding of the *person* referred to
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Gary William Hughes

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28⁴⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

Gary William Hughes

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8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

87

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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n/a

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(iii) both (i) and (ii)

(i)

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Michael Andrew Coupe

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N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Michael Andrew Coupe

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

Michael Andrew Coupe

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

428

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

75,949 ordinary shares

16. Date issuer informed of transaction

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If a *person discharging managerial responsibilities* has been granted options by the issuer complete the following boxes

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(iii) both (i) and (ii)

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3. Name of *person discharging managerial responsibilities/director*

Imelda Walsh

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managerial responsibilities/director* named in 3 and identify the *connected person*

n/a

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Imelda Walsh

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7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

1. *Imelda Walsh*

2. *David Weymouth*

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

127 Imelda Walsh

127 David Weymouth

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

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14. Date and place of transaction

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45,190 ordinary shares

16. Date issuer informed of transaction

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Gary William Hughes

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managerial responsibilities/director* named in 3 and identify the *connected person*

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Gary William Hughes

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8 State the nature of the transaction

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9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

87

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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Michael Andrew Coupe

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7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

Michael Andrew Coupe

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Purchase

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428

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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5 January 2007

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Imelda Walsh

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1. *Imelda Walsh*

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9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

87

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

15,446 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes

17. Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

23. Any additional information

Shares purchased under the dividend reinvestment plan.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

9 January 2007

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with
DR 3.1.4R(1)(a); or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Michael Andrew Coupe

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

Michael Andrew Coupe

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

428

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

75,949 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17. Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the Dividend Reinvestment Plan

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

9 January 2007

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS**

1. Name of the *issuer*

J Sainsbury plc

**2. State whether the notification relates to (i) a transaction notified in accordance with
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**(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or**

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

Imelda Walsh

**4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person***

n/a

**5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest**

Imelda Walsh

**6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares***

Ordinary Shares 28^{4/7} p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

1. *Imelda Walsh*

2. *David Weymouth*

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

127 Imelda Walsh

127 David Weymouth

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

45,190 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17. Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the Dividend Reinvestment Plan

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of *issuer* responsible for making notification

Hazel Jarvis

Date of notification

9 January 2007

9.30 AM
NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
PERSONS

1. Name of the *issuer*

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with
DR 3.1.4R(1)(a); or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i) and (ii)

3. Name of *person discharging managerial responsibilities/director*

Gary William Hughes

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to
in 3 or 4 above or in respect of a non-beneficial interest

Gary William Hughes

6. Description of *shares* (including *class*), debentures or derivatives or financial
instruments relating to *shares*

Ordinary Shares 28⁴⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares*
held by each of them

Gary William Hughes

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CORPORATE FINANCE

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

87

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

15,446 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a *person discharging managerial responsibilities* has been granted options by the *issuer* complete the following boxes

17 Date of grant

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18. Period during which or date on which it can be exercised

.....

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.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

Shares purchased under the dividend reinvestment plan.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

9 January 2007

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DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
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N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Michael Andrew Coupe

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 28⁴⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

Michael Andrew Coupe

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

428

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per *share* or value of transaction

419.933p

14. Date and place of transaction

5 January 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

75,949 ordinary shares

16. Date issuer informed of transaction

8 January 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

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23. Any additional information

Shares purchased under the Dividend Reinvestment Plan

24. Name of contact and telephone number for queries

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Name and signature of duly authorised officer of *issuer* responsible for making notification

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(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

(i)

3. Name of *person discharging managerial responsibilities/director*

Imelda Walsh

4. State whether notification relates to a *person* connected with a *person discharging
managerial responsibilities/director* named in 3 and identify the *connected person*

n/a

5. Indicate whether the notification is in respect of a holding of the *person* referred to
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Imelda Walsh

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2. *David Weymouth*

8 State the nature of the transaction

Purchase

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

127 Imelda Walsh

127 David Weymouth

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

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n/a

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

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Hazel Jarvis 0207 695 6378

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Date of notification

9 January 2007